



metro

Revellers

netball club

NEWSLETTER 1: FEBRUARY 2016

Welcome back to everyone for the 2016 Autumn Netball Season. By the time you are reading this all teams would have taken the court our Saturday teams kicked off on Saturday 27 February. This Season we have a total of 24 teams. There are 6 Open teams (4 in Premier League Open), 2 17's in Premier League and 1 on Saturdays, 3 15's on Thursday and 1 on Saturdays, 7 13's teams, 3 11's teams and a Set team.

All fixtures and training schedules have been uploaded to our website and can be accessed by [clicking here](#). Players and parents are expected to download both the fixtures and training schedules in preparation for matches and training sessions; reminders will no longer be texted out. Players who cannot play on a particular date are expected to let Ferruccio know for Open and 17's, Lyn for 15's, 13's, 11's and Set. A courtesy text is also requested for non-attendance to training. A reminder that non-attendance to training will reduce the amount of court time for that player.

TRAINING

In accordance with our [fasttracking program](#), the 17 & Under teams are training with the Open Teams at 6pm and the 13 & Under teams are training with the 15 & Under teams at 7.30pm. There will be opportunities as well throughout the season for some 15 & Under teams to train with the 17 & Under teams. This program will enhance the development of players in that they will be addressing their positions with older and stronger players.

Open and 17 & Under teams have been guided by Sam Jones for the last 6 months, in helping with Strength & Conditioning. This program helps players with core strength, agility and correct running styles on the court. We are also pleased to announce that Kelly Penfold will join us in Strength & Conditioning for 15 & Under and 13 & Under. Kelly will also begin a light program for our 11 & Under and Set players.

FEES

All players have had their invoice emailed to them. The first installment of fees was due on Friday 12 February and the balance is due on 16 April. Please email Ferruccio (Ferruccio@metrorevellers.com.au) if you have not received your invoice.

UNIFORM

All players from Open teams to 13 & Under are now wearing A-Line dresses. At this week's training session, players will have the opportunity to order some new garments.

These garments include: Navy Hoodies with metro design, Warmup tops matching the A-Line dresses, tracksuit jackets, training singlets and compression pants with metro design. We will also order metro socks. Stay tuned for prices and ordering opportunities.



SPONSORS

I would like to take this opportunity to thank our sponsors. Ella Bache who sponsor our training singlets and contribute to our raffles, Brundel Consulting Engineers who sponsor our coaches and donate to our raffles and Harrolds who have donated to our raffles and have also subsidized \$10 for each of our A-Line dresses purchased. Please let me know if you would like to sponsor our club as well.

Ella Baché Nunawading

HARROLD'S

